



**SECRETS
OF THE NEWLY
RESURGENT
SENATORS**
metroSPORTS



**TIME TO TIPTOE
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Ottawa metro



Ellen Vanstone
**Hey, cyclists:
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driver is right**
metroVIEWS



Your essential daily news | MONDAY, MAY 15, 2017

High 19°C/Low 7°C Cloudy



RYAN TUMILTY/METRO

WHEN OC TRANSPO *is a* NO-SHOW

Metro looks at
4,530 times
your bus didn't
come — including
which routes
get cancelled
the most

metroNEWS

Get your well water tested

PUBLIC HEALTH

Officials fear contamination during flood



**Haley
Ritchie**
Metro | Ottawa

The city is trying to keep a flooding catastrophe from turning into a public health disaster by warning residents to be wary of contaminated water.

A release sent out Saturday afternoon by Ottawa Public Health warns residents to be extra careful using well water.

"Ottawa Public Health recommends that you do not

drink or use the water until it has been tested and found to be safe," said the organization.

"Wells may be affected if the well head is below water level, floodwater is surrounding your well or your basement is flooded."

Public Health notes that if floodwater has infiltrated a well or septic tiles, tap water

should not be used and toilets should not be flushed.

Sample bottles to test water can be picked up at the R.J. Kennedy Arena, Constance and Buckham's Bay Community Centre and the Royal Canadian Legion 616 on Allbirtch Road.

Water samples can be dropped off at Emergency Community Support Centres

between noon and 8 p.m. or at Public Health's usual well-water sample drop-off centres every Tuesday.

Results take between two to four business days.

Bacteria isn't the only threat; the city is also warning boaters to be wary of debris in the water and to remain off the Ottawa River.

Boaters are asked to treat the shoreline areas of the Ottawa River as no-wake zones along Fitzroy Harbour, Constance Bay, Armitage, Crystal Bay, Britannia and Cumberland.

plus How to apply for the Disaster Recovery Assistance program

UberEats pulls back the curtain on city's top dishes

FOOD

App highlights which culinary takeout staples residents prefer



Haley Ritchie

Metro | Ottawa

What's your best guess for Ottawa's favourite takeout food? No, it isn't shawarma, beaver-tails or poutine: according to data from UberEATS, the breakfast bagel from Kettleman's Bagel Company takes the top prize.

Kettleman's owner Craig Buckley said he wasn't surprised they made the top of the list.

"It's exactly what we expected," he said. "We're 24 hours, it's not an expensive item, it's easy to transport, available all day and everything else. The breakfast bagel is the most popular item in our stores, too."

The food delivery service launched by the ridesharing company started in Ottawa just a little over a year ago, alongside companies like Skip the Dishes

“

The breakfast bagel is the most popular item.

Craig Buckley

”

and Just Eat.

Buckley said while he finds there's still occasional glitches with the app, his customers appreciate the option.

"We're happy with it," he said. "On rainy Sundays when people want to stay at home and watch Netflix, it's perfect. Or if you party too much and you don't want to go out but need something in the tummy, it's perfect."

In one year of ordering, UberEATS said the top five dishes ordered by Ottawa residents include the breakfast bagel, the King Eddy burger, a meat burrito from Mucho Burrito, pad thai from Social Thai and chicken souvlaki from House of Greek.

The top five cuisine categories for Ottawa were American, Italian, Mexican, Vietnamese and Middle Eastern.

Uber says the busiest hours of the week for ordering were dinner on Friday at 6 p.m. and lunch on Sunday at 1 p.m.

The company's data also breaks down the most popular cravings by neighbourhood: bagels come out on top in Centre-town, Little Italy and Ottawa South, while Mucho Burrito scored the top spot in Westboro and Nepean.



This map shows the Ottawa neighbourhoods where Kettleman's bagels and Mucho Burritos reign supreme. **HALEY RITCHIE/METRO**

INSURANCE

Victims of floods get assistance



Alex Abdelwahab

Metro | Ottawa

The Ministry of Municipal Affairs has activated the Disaster Recovery Assistance for Ontarians program for those affected by the recent flooding.

It will help individuals, small owner-operated businesses, farms and not-for-profit organizations to cover emergency expenses and repair or replace essential property.

Residents of the City of Ottawa, City of Clarence-Rockland, Township of Alfred and Plantagenet and Township of Champlain can. The deadline is Monday, Sept. 11. Residents can apply under more than one category.

Accessing the program

The program reimburses some flood costs not covered by insurance, but the ministry requires residents provide:

- Proof of identity and address.
- Photographs of damages.
- Records of hours spent on emergency cleanup.
- Copies of receipts and invoices for all costs incurred.
- Estimates from contractors for repairs not yet completed.
- A letter from your insurance company detailing the type and cause of damage, the amount covered and the reason any damage or loss was not covered.

What's covered?

The program only covers essential property at a primary residence, or the main premises of a small business, farm, or not-for-profit organization. The property must be occupied on a day-to-day basis.

Essential property includes things like furnaces, hot water tanks, washers and dryers, according to Stephen Seller, municipal advisor with the Ministry of Municipal Affairs. Damage to furnishings like a bed in a basement bedroom, will only be considered if someone sleeps there every night, Seller said.

A \$500 deductible applies to each application, and Ontario will only cover up to 90 per cent of costs — with a \$250,000 cap.

What's not covered?

Damage to secondary residences, like a cottage. Any item deemed non-essential — things like vehicles, jewelry, collectibles and electronics.

5

Takeaways from the latest Confederation Line report

- 1

Construction deadline

The contract between the City of Ottawa and the Rideau Transit Group (RTG) established May 24, 2018 as the date the city officially takes ownership of the O-Train Confederation Line. This is known as the "Revenue Service Availability" date. RTG still believes it will meet this deadline. If it does not, it will lose out on some monthly service payments, outlined in the agreement.

2

LRT used by transit riders

The Revenue Service Availability date is not the same as the date the LRT will be open to the public. Once the city takes ownership of the line, it will begin conducting a series of tests and safety inspections of all operational elements before it opens to the public, including checking track work, vehicles, communications systems, tunnel ventilation and signals. City staff will not know for sure when the LRT will open to the public until the end of 2017.

3

Safety issues for system users

The RTG has received approximately 150 recent orders from the Ministry of Labour, including orders to improve lighting, and address problems with site housekeeping and washroom facilities, according to the report. RTG says it has resolved the issues. The Ministry of Labour ordered RTG to stop work at the site of the toppled crane on April 26 for two days, but it has since restarted. The gas main break on Queen Street on May 2 is still under investigation.

4

Canada Day Celebrations

The project agreement included a requirement that city streets between the east and west downtown entrances of the Confederation Line be restored to pre-construction configuration before Canada Day 2017. That is not going to happen because of delays connected to the Rideau sinkhole. Surface work will continue well into the summer, but the RTG will cease construction on Rideau Street on Canada Day to try to limit disruptions to the public.

5

Completed/Ongoing work

Nine vehicles have been fully assembled and are in various stages of testing; 142 of 323 poles for the overhead electrical line have been installed. Excavation work is done for the last section of the tunnel west of Rideau station, the west portal ramp and the entrance to the Parliament East station; excavation work continues on the east portal ramp. Servicing work at Tunney's Pasture Station is almost done.

Tulip Festival opens up

TEXT AND PHOTOS HALEY RITCHIE/METRO

The Canadian Tulip Festival was literally in full bloom Sunday, attracting droves of tourists and locals on Mother's Day, despite the overcast skies.

This year marks the 65th anniversary of the flower festival and features over a million bulbs. Hundreds of white and red striped

tulips were planted specifically to celebrate Canada's 150th anniversary.

Former director Michel Gauthier returned to organize the festival this year. Festivities around the city continue until May 22, including a fireworks show in Lansdowne Park on Victoria Day.



TECHNOLOGY

Phoenix upgrades fine: Feds



The government says a cautionary note about an inability to update Phoenix in the future is nothing to worry about.

As Metro first reported Thursday, an outside consultant raised concerns about Phoenix's ability to be updated in the future.

Phoenix is based on IBM's PeopleSoft, but has been heavily upgraded and customized to pay government employees

S.I. System, an outside consultant asked to review Phoenix before its launch last year, raised this as a problem.

"The long-term supportability of the Phoenix Product is also a significant concern. The number of customizations and extensions to the core PeopleSoft product suggest that upgrading to a new release will likely be a substantial effort," wrote the company in a report.

Public Services and Procurement Canada did not respond before Metro first wrote about the issue, but Friday, the department said Phoenix had to be customized to deal with the complexity of government pay.

"Public service pay is extremely complicated. It includes some 300,000 employees across close to 100 departments, 27 collective agreements and more than 80,000 distinct rules," said department spokesperson Pierre-Alain Bujold.

He said Phoenix has had numerous updates since its launch, without any issue so far.

"Since being launched, Phoenix has been updated several times to include additional functionality and refined processes. Each time, extensive preparatory testing was done and integration of updates was completed."

VERDICT

Jury finds Carson Morin guilty of murdering Michael Wassill

The jury returned to courtroom 35 on Friday shortly before 11 a.m. to give their verdict in the trial of Carson Morin: guilty of first-degree murder.

The 11 jurors found Morin guilty of killing Michael Wassill. It came just days before the fourth anniversary of the day Morin showed up at the Wassill

home in Orléans on May 15, 2013, armed with latex gloves and a utility knife.

"It is a bitter irony that this verdict comes almost four years to the day on which Michael was viciously attacked in his childhood home," Michael's father, Rene Wassill, said in his victim impact statement. "As a parent,

sitting through this trial over the past 14 weeks was an ordeal which will haunt me forever."

Morin, then 20, was looking for a former exotic dancer he believed owed him money when he delivered the slash to Wassill's neck that killed him.

Morin's attorney had asked the jury to find him guilty of the

lesser charge of manslaughter, but the Crown urged the jury to convict him of the more serious charge.

Morin has received an automatic sentence of life in prison with no chance of parole before 25 years is served.

As the verdict was read, Morin's mother keeled over

in her seat, sobbing, as a quiet cheer came from the Wassill family and friends.

After a recess, the Wassill family returned to court to read their victim impact statements.

Morin, given the opportunity to address the gallery, chose not to make a statement.

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How OC Transpo cancelled an average of 57 trips a day

NOT IN SERVICE
Focus on Cancellations

Over 79 days early this year, there were 4,530 no-show trips



Ryan Tumilty
Metro | Ottawa

As Ottawa rumbles to life each morning, thousands of people step out of their homes and head to the nearest bus stop for their trip to work or school.

The 340,000 people who depend on transit daily expect their bus to arrive at the scheduled time. But a Metro analysis shows, on average, 57 times a day that scheduled bus isn't coming.

Using the city's Twitter account that chronicles these no-shows, Metro built a database of cancellations that tracked every time a bus was taken out of service.

Between Feb. 2 and April 22, there were 4,530 cancellations.

That 79-day period included some of the worst winter weather of this past year.

(Metro initially planned to track cancellations for a full three months, but OC Transpo changed multiple route numbers on April 23.)

Pat Scrimgeour, director of transit customer systems, said these cancellations are a problem, but they represent a small fraction of the trips OC Transpo successfully makes every day.

"Over that period of time we scheduled 650,000 trips, so it's one per cent of the trips that we are not able to fulfill as planned," he said.

He said in context it's a small number of routes that get cancelled on any given day.



Over that period of time we scheduled 650,000 trips, so it's one per cent of the trips that we are not able to fulfill as planned.

Pat Scrimgeour, director, transit customer systems

get the message out that the route is back in service.

Of the more than 5,000 Tweets Metro analyzed, we found a handful that included

"I don't think anyone driving their car can make 100 trips out of 100 exactly as planned."

He said in many cases controllers are actually able to get new buses to replace the cancelled routes, but don't always



Passengers wait for a bus downtown along Albert Street last week. RYAN TUMILTY/METRO

information about reinstated buses. The most cancelled routes are also the most heavily used.

Route 95 came in at the top of the list with 525 cancellations during that time. Those cancellations were divided more or less evenly in each direction, with the bus headed towards Barrhaven cancelled 257 times and the bus headed towards Orleans or Trim cancelled 205 times.

Heavy routes come more often, which meant in some

cases Route 95 riders were waiting for no more than two minutes before another bus came along. Nobody waited longer than 23 minutes on that route.

Other major crosstown routes also saw large volumes of cancellations. Route 91 ranked second at 403 times, then Route 94 (298 times), Route 97 (192 times) and Route 96 (171 times).

The worst local routes was Route 7, which was cancelled 179 times, followed by Route

1 (169 times), Route 104 (161 times), Route 8 (148 times), and Routes 12 and 118, which were both cancelled 121 times.

According to Metro's analysis 11 routes had cancellations where the longest people had to wait was more than an hour.

The longest wait for a cancellation was Route 63, which had one cancellation in each direction that left passengers without a trip for four hours.

TRANSIT

Metro database tracked routes

To create a database of cancelled bus routes Metro relied on the thousands of tweets that OC Transpo sends out to alert customers about cancelled routes.

Those tweets come out of OC Transpo's control room, which monitors routes across the city looking for and attempting to resolve problems as they crop up across the city.

Pat Scrimgeour, director, transit customer systems, said when a problem crops up the system's operations staff flag it for the customer service team who then send out an alert through Twitter and through other alerts that customers can sign up for.

Scrimgeour said the system doesn't capture every cancellations, but he's confident it covers most.

"We structure it that it captures most of the ones that matter most to customers," he said. He said sometimes the information doesn't go out if lots of trips are being cancelled at once for a major incident, like the gas leaks from earlier this month.

5,000

There were more than 5,000 tweets used in the spreadsheet made by Metro to track all of OC Transpo's cancellations.

He also said they aim to provide information to customers if they can change their plans or respond. In some cases people wouldn't be able to do anything about the cancellation.

"We don't always tell people that because there is nothing they can do with the information." Metro took those tweets and used a simple program from the website ifthisisthen-that.com that took each tweet from the account and sent it to a spreadsheet.

Over the course of 79 days, those tweets gradually piled up adding more data and a larger perspective on which routes are cancelled most often. Ultimately more than 5,000 tweets were in the spreadsheet that could be sorted and picked apart.

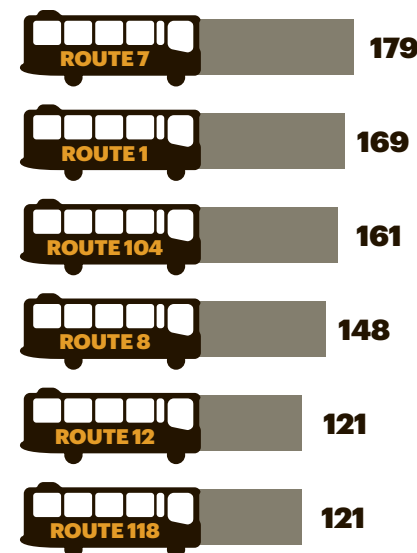
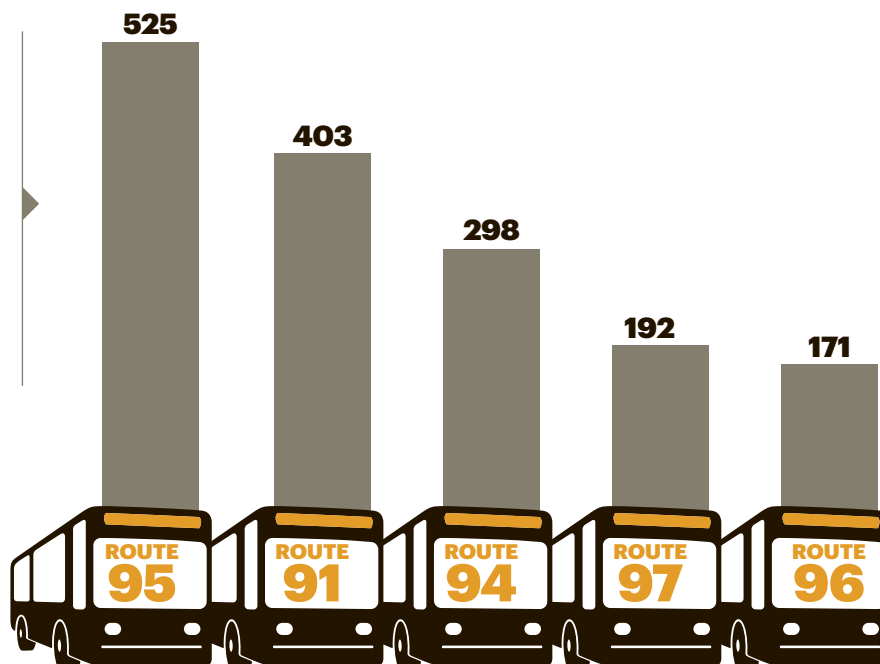
Sorting through the data we were able to count which routes are cancelled most often and present a database with the amount each route is taken out of service and how often they have to wait.

RYAN TUMILTY/METRO

BY THE NUMBERS

The major routes with the most cancellations

Major routes like the 95, which was cancelled most, are the most often taken out of service by OC Transpo according to the data. METRO COMPILED



BY THE NUMBERS

Local routes

Routes that run less often are also cancelled less often, but some like Route 7 are taken out of services on average a few times a day.

150 WAYS of looking at Canada

POSTCARD NO. 104
THE PRAIRIES

A LARGE PART OF CANADIAN HISTORY IS WRAPPED UP IN THE PANORAMA OF THE PRAIRIES, THE WHEAT FIELDS AND THE CATTLE AND THE INCREDIBLE VARIETY OF FARMS AND RANCHES THAT DOT THEM.

DAVID MARET



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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page.

Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at scene@metronews.ca or post to Instagram or Twitter with the hashtag #150postcards.

FLOODING

Massive cleanup underway

A massive cleanup operation is underway for many Montrealers affected by recent floods.

The city has lifted its state of emergency but water is still visible on some roads and in many basements.

Citizens are gradually being allowed to return home as flood waters recede in most parts of the province.

On one street in Montreal's Pierrefonds borough, homeowners are ripping up floorboards and drywall and throwing out waterlogged belongings.

Many say the damage will cost tens of thousands of dollars and government aid won't cover most of it.

As of Saturday night, the province's emergency management department said almost 4,600 residences were struck by flooding. THE CANADIAN PRESS



City workers pick up debris.

PAUL CHIASSON/THE CANADIAN PRESS

SCIENCE

Fort Mac dinosaur is 'truly exceptional'



Jeremy Simes
Metro | Edmonton

Digging through the earth six years ago, an oilsands miner working north of Fort McMurray hit it big — except it wasn't oil he hit, but a dinosaur.

Little did he know, he'd just unearthed one of the most significant dinosaur finds ever.

"It's been worth the wait," said Donald Henderson, the curator for the Royal Tyrrell Museum, during an announcement Friday for the first-ever unveiling of the 112-million-year old armoured dinosaur, known as a nodosaur.

"It's the best-preserved armoured dinosaur in the world."

The nodosaur had been so well kept that pieces of its skin, its armour, and stomach content are preserved.

"It's truly exceptional," Henderson said, noting the fossil is three-dimensional, a rare treat because most specimens are usually flattened.

He said the fossil's near-pristine condition was caused by its quick burial undersea millions of years ago, when Alberta was home to a subtropical climate with lush forests and rivers flowing into a warm inland sea.



The find is the best-preserved armoured dinosaur in the world.
COURTESY GOVERNMENT OF ALBERTA

Prior to its death, the nearly 3,000-pound, 18-foot long herbivore grazed the lands much like a rhino. Scientists plan to study its armour to deepen their understanding of what the species looked like and how they moved.

But what's more remarkable, according to Henderson, is the fact that it had been discovered in the first place.

He said miners at the Suncor Millennium Mine near Fort McMurray had shifted 1.3 billion cubic metres of rock from the site over a span of 20 years, without finding a single significant fossil.

That's until they came across the nodosaur.

"You could squeeze this thing into a cubic metre," he said. "So this is really a one-in-a-billion find."

New Brunswick high on pot legalization

MARIJUANA

But other provinces fret over work still to be done

Provinces have been protesting the large volume of work and heavy costs they say the Trudeau government has piled on them in its rush to legalize recreational cannabis across Canada by next year.

So far, however, the small province of New Brunswick has been taking the high road.

Unlike other members of the federation, New Brunswick isn't pressing for federal compensation to cover the bills of pot legalization, nor is it in a particular scramble to draw up the plans, the province's health minister said.

Provinces have been busy since the federal government tabled legislation last month to legalize and regulate recreational marijuana use, with a primary aim of keeping weed out of the

hands of youth and criminals. Ottawa hopes to make it happen by July 2018.

"We didn't just wait for the federal legislation and then start — we started doing our homework and our due diligence well before, anticipating what the federal legislation was going to look like," New Brunswick Health Minister Victor Boudreau said in an interview.

"There's no question if the federal government is willing to help with some of the up-front costs — I'm sure we wouldn't say no to that. But I'm not necessarily saying that would be necessary just yet, either."

New Brunswick's enthusiasm is connected to the fact the province views pot legalization as a future driver for its struggling economy. Premier Brian Gallant has been trying to position New Brunswick to ensure it gets a big percentage of Canada's eventual regulated-pot industry, which he predicts will generate "significant" growth.

Some provinces, however, aren't expecting meaningful windfalls — if any at all — once startup costs are factored in. They've also expressed concern about what they see as a hurried course set by Ottawa toward legalization.

Quebec Public Health Minister Lucie Charlebois warns that meeting the federal timeline will be a challenge as provinces, territories and municipalities race to develop complex pot-related rules, programs and strategies

within their own jurisdictions. Setting guidelines related to the minimum legal age, retail sales, public health, education and security are among the wide range of needs.

And shortly after the federal legislation was tabled, Alberta Premier Rachel Notley warned the provinces would be left with a lot of "heavy lifting" and that there would be considerable costs associated with administering legalized pot. THE CANADIAN PRESS



We're ahead of the curve.

New Brunswick Health Minister Victor Boudreau

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OBJECTING TO THE PROPOSED SETTLEMENT AND OPPORTUNITY TO APPEAR

In order for the Settlement to become effective, it must be approved by the Courts in Ontario, Québec, Nova Scotia and Saskatchewan. If you wish to object to the Settlement, you must submit a written objection to the Claims Administrator by no later than July 12, 2017 at the address listed below and you may attend the hearings on the following dates:

Ontario Class: July 18, 2017 at 10:00 a.m. at the Ontario Superior Court of Justice, 361 University Avenue, Toronto, Ontario.

Québec Class: August 9, 2017 at 9:30 a.m. at the Superior Court of Québec, 1 Notre-Dame East, Montréal, Québec.

Atlantic Canada Class: August 1, 2017 at 9:30 a.m. at the Law Courts Building, 1815 Upper Water Street, Halifax, Nova Scotia.

Saskatchewan Class: August 24, 2017 at 10:00 a.m. at the Court of Queen's Bench, 2425 Victoria Avenue, Regina, Saskatchewan.

PARTICIPATING IN THE SETTLEMENT

If the Settlement is approved by the Courts, you will have a limited amount of time within which to submit a claim for compensation. You will be able to submit your claim online through a website portal. You will also have the option to submit a paper Claim Form. If the Settlement is approved, the paper Claim Form will be posted on the settlement website at www.oxycontinclassactionsettlement.ca and will be available on request from the Claims Administrator.

FOR MORE INFORMATION:

If you have questions about the Settlement and/or would like to obtain more information, please visit the settlement website at www.oxycontinclassactionsettlement.ca or contact the Claims Administrator at:

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25 The Esplanade
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Email: oxycontin@ricepoint.com
Toll Free: 1 (888) 663-7185

You can also contact Class Counsel at any of the following firms:

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900-121 Richmond St.W.
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Joel P. Rochon
Tel: 416-363-1867

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This Notice has been approved by the Ontario Superior Court of Justice, the Superior Court of Québec, the Supreme Court of Nova Scotia and the Court of Queen's Bench of Saskatchewan

Cyberattack havoc may grow

SECURITY

Warning to update systems as people return to work

An unprecedented “ransomware” cyberattack that has already hit tens of thousands of victims in 150 countries could wreak greater havoc as more malicious variations appear and people return to their desks Monday and power up computers at the start of the workweek.

Officials and experts on Sunday urged organizations and companies to update their operating systems immediately to ensure they aren’t vulnerable to a second, more powerful version of the software — or to future versions that can’t be stopped.

The cyberattack paralyzed computers that run Britain’s hospital network, Germany’s national railway and scores of other companies and government agencies worldwide.

The attack, already believed to be the biggest online extortion scheme ever recorded, is an “escalating threat” after hitting

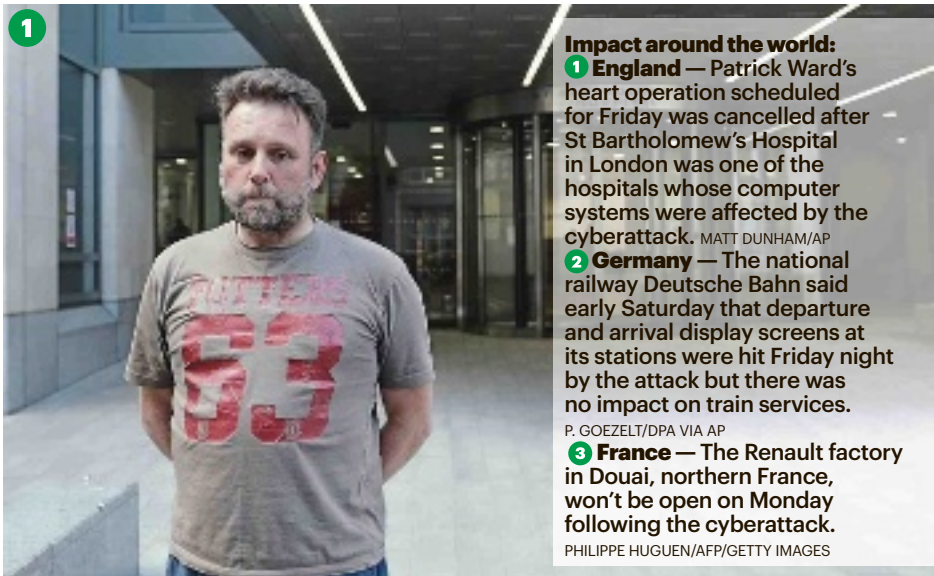
200,000 victims across the world since Friday, according to Rob Wainwright, the head of Europol, Europe’s policing agency.

“The numbers are still going up,” Wainwright said. “We’ve seen that the slowdown of the infection rate over Friday night, after a temporary fix around it, has now been overcome by a second variation the criminals have released.”

Researchers discovered at least two variants of the rapidly replicating worm Sunday and one did not include the so-called kill switch that allowed them to interrupt its spread Friday by diverting it to a dead end on the Internet.

Ryan Kalember, senior vice-president at Proofpoint Inc., said the version with no kill switch was able to spread but it contained a flaw that wouldn’t allow it to take over a computer and demand ransom to unlock files. However, he said it’s only a matter of time before such a version exists.

“I still expect another to pop up and be fully operational,” Kalember said. “We haven’t fully dodged this bullet at all until we’re patched against the vulnerability itself.” THE ASSOCIATED PRESS



Impact around the world:

1 England — Patrick Ward’s heart operation scheduled for Friday was cancelled after St Bartholomew’s Hospital in London was one of the hospitals whose computer systems were affected by the cyberattack. MATT DUNHAM/AP

2 Germany — The national railway Deutsche Bahn said early Saturday that departure and arrival display screens at its stations were hit Friday night by the attack but there was no impact on train services.

P. GOEZELT/DPA VIA AP

3 France — The Renault factory in Douai, northern France, won’t be open on Monday following the cyberattack.

PHILIPPE HUGUEN/AFP/GETTY IMAGES



Canada ‘lucky’ to dodge attack

Canada is not immune to online extortion, despite apparently sidestepping a massive attack that temporarily crippled networks around the world, a cybersecurity expert said.

Atty Mashatan, a professor at Ryerson University’s School of Information Technology Management, said it was nothing more than a fluke that Canada appears to have been largely spared from Friday’s ransomware attack.

Attacks like this one, dubbed “WannaCry” for the “WannaCrypt” technology used to execute it, happen when a type of software seizes control of a computer, encrypting its contents and rendering them inaccessible.

“The vehicle that the malware going from one device to the other is spam. The most common way that they do that is via a link in an email,” Mashatan said.

“This time around we were lucky,” she said. “There’s so many people who are emailing one another within the U.K., whereas the traffic between the U.K. and Canada is not as much.”

THE CANADIAN PRESS

JAMES COMEY FIRING

U.S. democracy ‘under assault,’ says former intelligence chief

American democracy is “under assault” on separate fronts from President Donald Trump and Russia, the former U.S. intelligence chief warned Sunday, expressing dismay over the abrupt firing of FBI director James Comey amid a probe into Moscow’s meddling in U.S. elections and possible ties with the Trump campaign.

As Trump works to fast-track Comey’s successor, lawmakers from both parties urged him to steer clear of any politicians for the job and say he must “clean up the mess that he

mostly created.”

“I think, in many ways, our institutions are under assault, both externally — and that’s the big news here, is the Russian interference in our election system,” said James Clapper, the former director of national intelligence. “I think as well our institutions are under assault internally.”

When he was asked, “Internally, from the president?” Clapper said, “Exactly.”

Clapper spoke following Trump’s sudden firing of Comey last week, which

“
The president is the CEO of the country. He can hire and fire whoever he wants.

Nikki Haley, U.S. ambassador to the United Nations

drew sharp criticism because it came amid the FBI’s investigation into Russia’s interference in the 2016 presidential election. Clapper said Amer-

ica’s founding fathers had created three co-equal branches of government with checks and balances, but with Trump as president, that was now “eroding.”

The White House had no immediate comment. No White House aide appeared on the Sunday news shows, leaving Nikki Haley, the U.S. ambassador to the United Nations, to defend Trump. “The president is the CEO of the country. He can hire and fire whoever he wants,” she said.

THE ASSOCIATED PRESS



Former national intelligence director James Clapper testifies on Capitol Hill on May 8. PABLO MARTINEZ MONSIVAIS/THE ASSOCIATED PRESS

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Global digest

GERMANY

Merkel's party wins vote in rivals' heartland

Chancellor Angela Merkel's conservatives won a state election Sunday in their centre-left rivals' traditional heartland, a stinging blow to the German leader's challenger in September's national vote.

The western state of North Rhine-Westphalia is Germany's most populous and has been led by the centre-left Social Democrats for all but five years since 1966.

THE ASSOCIATED PRESS

SYRIA

Evacuation of rebels from last Damascus stronghold

Hundreds of rebels and their families began leaving a northeastern neighbourhood of Damascus and heading toward rebel-held areas in northern Syria Sunday, in another step that would eventually bring all parts of the capital under the control of President Bashar Assad's forces, state media and opposition activists said.

The capital Damascus will be fully clear of rebels for the first time since 2012. THE ASSOCIATED PRESS

KOREAS

N. Korea challenges South's new leader with missile test

Just five days after South Korea elected a president who expressed a desire to reach out to North Korea, Pyongyang sent a challenge to its rival's new leader on Sunday by test-firing a ballistic missile.

The missile flew for half an hour and reached an unusually high altitude before landing in the Sea of Japan, the South Korean, Japanese and U.S. militaries said.

THE ASSOCIATED PRESS

IVORY COAST

One killed, several wounded by army mutiny

Mutinous soldiers in Ivory Coast have killed one person and injured several others after using gunfire to disperse a march Sunday against their mutiny in Bouake, residents said.

Violence by some of the soldiers involved in a January mutiny demanding higher pay began Friday, a day after Ivorian television broadcast some of the mutinous soldiers meeting with President Alassane Ouattara. THE ASSOCIATED PRESS

TRADE

Canadians officials set for NAFTA talks

The Trump administration is likely to quickly trigger the process that will lead to renegotiation of the North American Free Trade Agreement, now that a new U.S. trade representative has been confirmed, say two Trudeau cabinet ministers heading Canada's side of the talks.

International Trade Minister Francois-Philippe Champagne said he'll likely get his first opportunity to meet face-to-face with Robert Lighthizer when the two attend an APEC minister's summit this week.

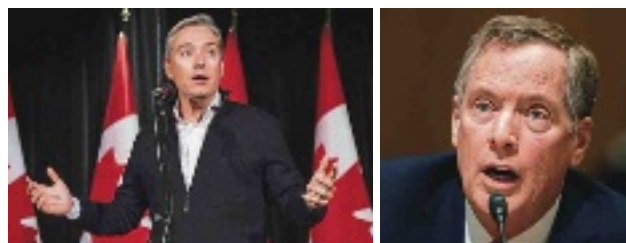
The U.S. Senate approved Lighthizer as President Donald Trump's trade czar on Thursday.

Soon after, Trump said it was his intention to quickly file a 90-day notice with Congress to kickstart the NAFTA talks with Canada and Mexico, a requirement under U.S. law.

Canada maintains a solid footing for the negotiations, whenever they begin, Champagne told Global TV's West Block.

"We are ready, we are prepared, and we're going to see what they put on the table," he said. "But we're going to be firm in our position as to protecting Canadian workers and protecting Canadian interests."

THE CANADIAN PRESS



International Trade Minister Francois-Philippe Champagne, left, and U.S. trade representative Robert Lighthizer.

THE CANADIAN PRESS/THE ASSOCIATED PRESS FILE

DIVEST MOVEMENT

Oil pipeline critics try going after the money

Opposition to the Dakota Access oil pipeline has persuaded some banks to stop supporting projects that might harm the environment or tread on Indigenous rights, but calling the divest movement a success might be a stretch.

It doesn't appear to be hurting the ability of energy companies to get financing and it doesn't seem to concern lenders broadly. Yet pipeline opponents see victory in the fact that they have made financial institutions more aware of Indigenous rights

— and they're intent on keeping up the fight on projects such as Keystone XL even after failing to stop the Dakota Access line.

The \$3.8 billion Dakota Access pipeline will be fully operational by June 1, a half-year later than planned by developer Energy Transfer Partners. The project was delayed by lawsuits from American Indian tribes who fear it threatens cultural sites and drinking water, and months of protests by tribal members and their supporters.

THE ASSOCIATED PRESS



Unifor, which represents forestry workers at 134 companies, fears duties imposed by the U.S. will hurt 25,000 Canadian jobs.

THE CANADIAN PRESS

Quebec workers first to feel pain of dispute

LUMBER DUTIES

Resolute Forest cutting shifts at seven sawmills

Hundreds of Quebec forestry workers are experiencing the first sour tastes from the softwood lumber battle with the United States as they prepare for the start of layoffs.

Starting Monday, Resolute Forest Products is cutting shifts at seven sawmills and delaying the start of forest operations that will affect 1,282 workers.

Pierrot Fortin, who experienced such heartache during the last impasse in the early 2000s, is

again preparing for lost income and uncertainty.

"Work stoppages like this are never easy," said the truck driver who hauls wood from forests in the Lac-Saint-Jean region.

"It has an impact on families and everyone is worried."

The big worry is that temporary curtailments will be extended as companies feel growing pressure from retroactive duties and the prospect of additional preliminary charges to be announced next month.

During the last softwood lumber dispute, Canada shed 20,000 forestry jobs between 2000 and 2006, and about 400 sawmills closed between 2004 and 2009.

Unifor, which represents

24,000 forestry workers at 134 companies, fears duties this time will hurt 25,000 Canadian jobs.

La Tuque mayor Normand Beaudoin says any downtime longer than two weeks currently planned for about 100 mill employees would be difficult for families in the small town about 200 kilometres south of the Lac-Saint-Jean region.



Work stoppages like this are never easy.

Pierrot Fortin

"In the short-term I don't have a lot of worries, but if it goes on for one or two years it will do a lot of harm," Beaudoin said.

Workers were surprised by the speed with which Resolute moved to cut costs — especially since the company's preliminary duties are below the 20 per cent Canadian average with no retroactivity, said Daniel Leblond, president of the Unifor local at the Dolbeau-Mistassini sawmill.

Resolute said the immediate impact on the industry is largely because of volatility in market pricing thanks to the duties, and the fact that some U.S. customers had built up some supply in anticipation of the duties.

THE CANADIAN PRESS

PEACHES IN THE PINK ORCHARDS REBOUND AFTER DOUBLE WHAMMY

A year after the peach crop in the northeastern United States hit the pits, growers are anticipating a healthy rebound in 2017. Peach orchards have come alive with pink blossoms, and if the weather holds out, it could be a bumper harvest. Two weather anomalies combined to devastate last year's Northeast harvest — the Valentine's Day Massacre, when temperatures dropped below zero in many areas on Feb. 14 killing the flower buds, and an unexpected cold spell last April. PAUL FRANZ/GREENFIELD RECORDER VIA THE ASSOCIATED PRESS



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URBAN ETIQUETTE ELLEN VANSTONE



Dear Ellen,

I was driving my car the other night when a bike came out of nowhere and I nearly collided with it. The cyclist swore at me and rode off. I'm sure he was very upset, but I don't think his behaviour was acceptable, especially since he had no bike light, and he was dressed entirely in dark clothing, and was completely invisible. Am I right to be offended by his "rude" behaviour?

A Responsible Driver

Dear Responsible Driver,

When it comes to feeling offended, there is no right or wrong. It's how you act that matters. In the situation you describe, how the cyclist acted was both rude and dangerous.

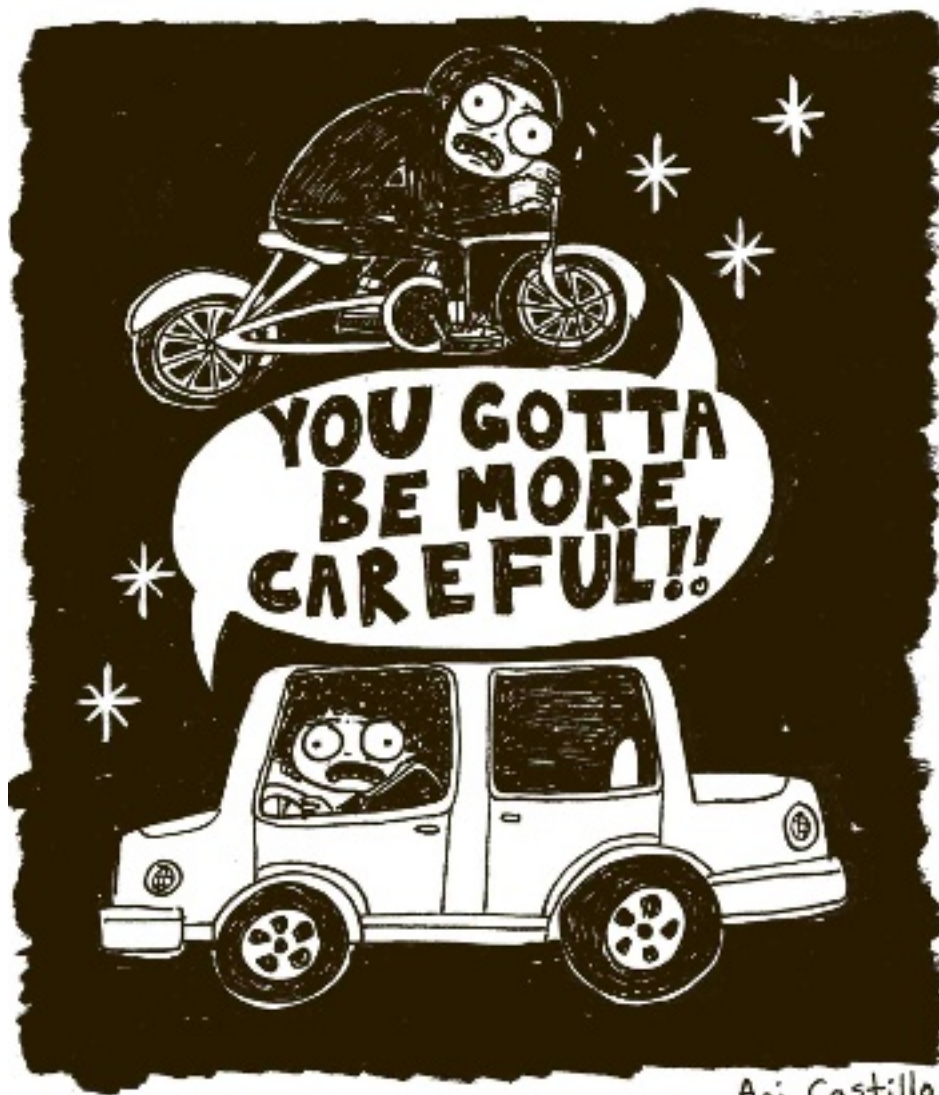
I sometimes drive a car and often ride a bike in the city, so I've seen both sides in the road wars between the two factions. As a cyclist, I've been hit by cars twice, run off the road, doored, plus the usual quota of terrifying near misses. I've pedalled madly after bad drivers for blocks in order to knock on their car window and politely but firmly chastise them (no swearing) for cutting me off or suddenly, scarily blasting their horn at me for no reason.

As a driver, I've also seen the kind of bike behaviour that gives all of us cyclists a bad name — weaving in and

Yes, cars are bigger and can kill you. That doesn't mean you get to treat their drivers with utter disrespect.

THE QUESTION

Are cyclists entitled to treat drivers rudely?



out of traffic, riding on the sidewalk, hogging an entire lane when there's no need, failing to signal before turning or coming to a sudden stop, cutting off other cyclists or startling them by passing on the inside. One of the worst offences is riding a bike at night without a light, then having the gall to become indignant when cars almost run them over.

For all the bad cyclists out there, please note that it's not only dangerous when you break laws and ride so recklessly. It's also the

height of rudeness. Yes, cars are bigger and can kill you. That doesn't mean you get to treat their drivers with utter disrespect. At the very least, you're causing unnecessary stress in another human being who's just trying to legally get through the day. You're also contributing to a destructive dynamic between drivers and riders. At the very worst, you're risking not only your own injury or death, but the likelihood of ruining another person's entire life if they end up injuring or killing you through no fault of their own.

If you get caught on your bike at night without a light, take side streets with no traffic. If a car approaches, stop or ride slowly on the sidewalk if there are ZERO pedestrians around. If there's no way to avoid traffic, get off your bike and walk it home.

Basically, do not make yourself both invisible and obnoxious whilst riding at night. It's the polite thing to do.

Need advice?
Email Ellen:
askellen@metronews.ca

VICKY MOCHAMA

Can we really trust the cartoons trying to breach our borders?

For \$345 million US, Canadian company DHX Media bought iconic cartoons Peanuts and Strawberry Shortcake. While some have suggested the cartoon children's exodus is related to Trump, that's purely coincidental.

But there is reason to believe their application for Canadian citizenship may be fraudulent. While only adults face formal interviews, Charlie Brown and Strawberry Shortcake are suspect.

Although Mr. Brown is nearly 69 years old and Ms. Shortcake is 38, they claim to be eight and six. On these grounds, immigration officials sat down with the applicants. Here is a snippet of the conversation:

Interviewer: What are your reasons for moving to Canada?

C. Brown: It can be hard for a bald kid to make it in America. In Canada, anyone can kick a football or fly a kite.

Interviewer: What do you say to reports that you are being paid to move here?

S. Shortcake: That is berry much none of your business!

Interviewer: Have you ever been affiliated with any terrorist or secessionist groups?

C. Brown: To some, Linus' obsession with the Great Pumpkin might come off as fundamentalist in nature, but I assure you it's a childish obsession.

Interviewer: What is the nature of your relationship?

S. Shortcake: Let's just say someone is berry into girls

with red hair.

Interviewer: How much do you know about Canadian history?

C. Brown: Mrs. Othmar may have mentioned something, but she's so difficult to hear.

Interviewer: How do you plan to support yourself while in Canada?

C. Brown: I have decades of experience as a baseball team manager. I'll be consulting for the Toronto Blue Jays.

Interviewer: One of your co-applicants, a Ms. Lucy van Pelt, says the team only wins when you're not there?

C. Brown: Yes, the team has asked that I not attend any games.

Interviewer: And you, Ms. Shortcake?

S. Shortcake: There's a berry big opportunity in the strawberry industry! Canadian strawberry production has decreased but domestic consumption has increased! Imports are berry big business!

Interviewer: Do you have any friends or family in Canada that will be helping you settle in?

C. Brown: My good friend Caillou has kindly offered us a place to stay.

S. Shortcake: We'll see about that. No one likes him. Even you don't like him.

File notes: Both applicants were unwilling to confirm their ages. Mr. Brown insisted they there simply "mature for our age."

Since they appear to be children, however, their application is approved.

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The appeal of Brigitte Macron

CULTURE

Why France's new first lady will be unlike any other in country's history

Genna Buck
Metro | Toronto



When it comes to the appeal of Brigitte Macron, the new first lady of France, North Americans just don't get it.

That's according to Thomas Gallezot, who organized president-elect Emmanuel Macron's campaign in Ontario and Manitoba. (France, uniquely, divides the whole world up into ridings and elects MPs to represent expatriates).

Macron, 39, and his 64-year-old wife are subjects of great fascination in France, where the country's youngest postwar leader was inaugurated Sunday amid much pomp and ceremony.

But the attention that has focused on the new first couple at home is not what one would expect, Gallezot said.

Over the course of the campaign, Brigitte Macron "shifted from a liability to an asset," he said.

"She's incredibly loveable, with incredible grace ... in my mind it's very similar to the Obama couple."

Like Obama, Macron inspires respect and admiration even from people who disagree with him politically, Gallezot said — and that's thanks to his wife.

The Macrons' unabashed affection for one another makes people think,

"This president is probably a good person, because he succeeded in building this couple," he said.

It's well known in political circles, he added, that Brigitte is easier to approach than Macron — her interpersonal skills are just better.

"She's very confident in who she is, doesn't need to prove anything, perhaps because she never had to struggle. She came from a rich family," Gallezot said.

Brigitte Macron appears ready to become a first lady unlike France has ever had. Her involvement in the campaign as a "great political mind" in her own right is a "game changer" in France, Gallezot said, but what's even more unusual in French political culture is the fact that she and Macron have no children together and never planned to do so.

"It's a shocker for people, for him to not have children with this woman from the get-go," he said.

What isn't so shocking in France, Gallezot said, is the couple's age difference. The couple first met when Macron was just 15 and Brigitte, then a married mother of three, was his drama coach.

It seems tawdry to North American sensibilities, but "it's not such a big deal," Gallezot said. "(In North America), the teacher is really an authority. It's different in France, especially in a bourgeois

town like theirs. I cannot count the number of French movies where the teacher has a love affair with a young student."

That's not to say Brigitte escaped misogynistic abuse from the media and the French public, Gallezot added, citing a cartoon in the far-left magazine Charlie Hebdo that pictured Macron with a very pregnant Brigitte and the caption, "He will make miracles!"

Susan Prentice, a sociology professor at the University of Manitoba, points out that the couple's age difference is the same as that of Donald and Melania Trump.

"The interest in the age difference between Macron and Brigitte is pure evidence of an enduring double standard," Prentice said in an email.

Despite this and other gossip and conspiracy theories — like one suggesting that he is gay and Brigitte is his cover, which Macron condemned for being the result of "rampant homophobia" — Gallezot believes Brigitte's charisma played an important role in attracting voters to Macron's party, En Marche, and ultimately swinging the election in his favour.

That was especially true in Canada, where French voters were already disposed to like Macron because of his pro-European, centrist views — a huge contrast with his far-right, anti-immigrant opponent Marine Le Pen, who was extremely alarming to the emigrant community living abroad.

"The media uses the term cougar to refer to Brigitte. It's not fitting to her at all. It means predator. She's the contrary of a predator. Everyone comes to her."



Brigitte Macron gestures to crowds Sunday at the Elysee Palace to attend her husband Emmanuel's formal inauguration ceremony as French President. GETTY IMAGES



She's the contrary of predator. Everyone comes to her.

Thomas Gallezot



Kathryn Hahn's sexual letters to Dick bring female desire to the forefront of Amazon Prime's *I Love Dick*. CONTRIBUTED



JOHANNA SCHNELLER WHAT I'M WATCHING

Female desire — finally in fearless focus

THE SHOW: *I Love Dick*, Season 1, Episode 1 (Amazon Prime)
THE MOMENT: The meeting

Chris (Kathryn Hahn) is a frustrated filmmaker. Her husband Sylvere (Griffin Dunne) is a writer. He has a fellowship in groovy Marfa, Texas, run by Dick (Kevin Bacon), a revered environmental artist. She wasn't planning to stay.

But she goes to a party, and he's there. Dick. He approaches her. The background noise drops out. We hear only their

conversation — ordinary pleasantries — over a low thrum. The sound of her desire.

Artful close-ups make us feel her chest tighten, her breath grow gaspy. Casually, she says, "I'm here with my husband."

On the word "husband," the sound comes back up.

This series, co-created by Jill Soloway, from Chris Kraus's source book (a feminist classic), is the most exciting thing to come along since Soloway's last series, *Transparent*.

It takes on the world's big-

gest taboo — female desire — from an adamantly female perspective.

The female gaze is the subject in art and entertainment now, and it's fearlessly the focus here. Chris writes frankly sexual letters to Dick (we hear them in voice-over, and phrases appear on screen in red block letters).

Female desire is scary because it's perceived to shatter families and threaten society. Soloway and her (all female) writers use that — by season's

end, Chris's letters have affected every character. The show's brilliance is how it communicates that, not by being didactic, but via character and a nuanced cinematic language (like this scene).

Desire, Chris writes, is "claustrophobia inside your skin." Soloway shows us what that looks like — to her.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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YOU CAN DO THIS FILM, TV AND THEATRE MAKEUP ARTIST

Seeing your art on the screen

WHY I LIKE MY JOB

Kristin Wayne, 31, freelance film and television makeup artist, Toronto

I was going to the University of Guelph taking science and arts, and I wasn't really into it. I always loved makeup so much, but had never thought about it as a career. A friend of mine suggested I look into being a makeup artists.

After I finished my degree, I went to Toronto's CMU College of Makeup Art & Design, which covers all elements of makeup — fashion, TV, theatre, prosthetics, creature design and basic hairstyling. And there, I was really inspired by the film and television section — I loved all the special effects makeup can do.

I graduated at the top of my class and was given the opportunity to go to Vietnam and work on a Vietnamese feature film there for three months. It was an incredible experience. When I came back, I started volunteering on productions and student films, trying create a network of people who could hire me later on. I've been doing this for almost 10 years now and I'm always trying to build my network larger.

I usually go in in the morning and process my cast for the scene they're doing. I apply the makeup and sometimes special effects — whatever the scene requires that day. It depends on what they're doing, but I can make them look tired, or awake, or I can apply special effects make up. There's a lot of variety. I'm currently on a movie called Flint, about the water crisis in Flint, Michigan. Some of my other credits include assisting on Orphan Black and Guillermo Del Toro's new film Shape of Water. Sometimes I'll be



on location with long days, others it's just a quick bit of work in the morning. And it's different if I'm on a film or on a TV show or a corporate shoot.

The variety is amazing. Every day I'm doing something different, and I'm working with all different types of people. I really love that. And I'm an artist so the creativity that comes along with it is so amazing.

THE BASICS: Makeup artist

\$39,000

Median annual salary for an intermediate-level makeup artist. Those with advanced experience and prestigious resumes can expect to earn upwards of **\$140,000** per year.

+14%

The amount of growth expected in this field over the next **8 years**.

Data for this feature was provided by payscale.com, beauty-institute-canada.com, schoolofmakeupart.com, Canadian-universities.net, iatse873.com and onetonline.org.

HOW TO START

Beyond a high school diploma, there are few official requirements for becoming a makeup artist in the film, TV or theatrical space. However, many positions — particularly for those on special-effects-heavy sets — require advanced training from dedicated trade schools, such as the makeup program at the Vancouver Film School or Toronto's School of Makeup Art. At these programs, students learn basic cosmetology and hair training, as well as more advanced techniques for applying special effects. It's common for new makeup artists to have to build out their careers through networking, volunteering on student productions or low-budget indie films. There are unions across the country that regulate makeup artists, and each will have different requirements for entrance: In Toronto, for example, to be accepted into the IATSE union, makeup artists are required to have experience with film and TV makeup techniques, corrective and aging makeup experience, and facial hair application.

WHERE YOU CAN GO

There are opportunities for specially trained makeup artists in most cities with a heavy presence of film and television production, and with major theatres, including Toronto, Vancouver, Halifax and Montreal. As many makeup artists are freelance, they'll often supplement their income with bridal and corporate work.

Don't be retiring when it comes to securing future

ADVICE

Measure the pain of today against the pain of tomorrow

Gail Vaz-Oxlade
For Metro Canada



Are you saving for your retirement?

I'm not talking about having enough money to sail through the Caribbean, or have a home and cottage too. I'm talking about enough money to keep a roof over your head and food in your belly. While the retirement ads like to focus on people being able to "maintain our lifestyles" I'm just praying y'all have enough to be able to eat.

Psychologically, we're more predisposed to avoiding pain than seeking pleasure. This may be part of the problem when it comes to making people see that saving isn't an option, it's a must-do. Most people can't avoid the pain

of not spending today for the pleasure of a secure retirement.

But what if we turn it on its head? What if instead of thinking about the "fabulous" retirement, we think about making sure we have enough to make do. How much will you need to make do? Do you even know?

I knew how much I'd need before I decided to call it quits. I've always lived on a budget regardless of how little or how much I made. So I anticipated which of my costs would go away (not so many yet since I still have a kid in college) and which would go up. That gave me a pretty clear sense of how much money I'd need every month to make ends meet. (Since I plan to leave nuthin' to nobody, I'm including my capital in my spending.)

How about you? Never mind all the blah, blah, blah about



If you don't know where to start, it's time to start figuring it out.

travel and retirement activities. Put aside the pretty pictures of sailboats and exotic travel. Will you have enough money to eat, take care of your most basic needs like housing, and have a buck sixty-two left over for the odd indulgence?

If you're planning to retire with consumer debt, how much of your retirement income will those monthly payments gobble up? If you're planning to still have a mortgage, how much will your housing costs cut into the rest of your spending?

And if you're banking on government benefits, have you determined how much you'll get and how much more you may need to make through a part-time job or pretty creative money management?

If you don't know where to start, or you've been putting it off because you're not sure what-all you need to consider, it's time to start figuring it out. If you use "I don't know" as an excuse, you're a fool.

What are you doing now that will help or hurt you later? Saving is often seen as painful because it means you can't have

all the stuff you think you're entitled to.

But think about what your life will be like later if you don't stick away a little something now.

With as little as six to 10 per cent socked away in your 20s and 30s, retirement won't suck. If you're already in your 40s, you'll have to save 18 per cent to make the plan work.

Measure the pain of today against the pain of the future. Then stop worrying and start doing something.

For more money advice, visit Gail's website at gailvazoxlade.com



Forget luxuries, thinking about your retirement should focus on food, housing and other basic expenses. ISTOCK

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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No madness in this icy Method

WELLNESS

Mindfulness as extreme sport for Wim Hof's new disciples

Jonathan Forani
life@metronews.ca

On a chilly April afternoon a dozen men and three women all in swimwear surround a kiddie pool in an outdoor space in Hamilton. Exotic fish decals decorate the bottom of the crystal blue pool, but the water at 40 F (4 C) is less than tropical.

Psyching themselves up, they crouch and grunt “hoo, ha!” — one man is overheard chanting “I am heat, I am sun,” and then one at a time they step into the pool of icy water and submerge themselves — a baptism of sorts into the Wim Hof Method.

“You put someone in an ice bath and they’re a different person,” says workshop leader Giovanni Bartolomeo. Their self-confidence gets a boost and they realize a lot of the fears they had were just in their head, he says. “(The Wim Hof Method) really inspired me to see what the true potential was of human beings.”

The Wim Hof Method is mindfulness as an extreme sport.

Its founder Wim Hof is a 58-year-old Dutchman who is famous for his ability to withstand extremely cold temperatures for long periods of time.

After the death of his wife by suicide in 1995, Hof began soul searching, plunging into frozen ponds to numb the emo-



Giovanni Bartolomeo (above), the first certified Wim Hof Method instructor in Canada, demonstrates cold therapy to new and would-be followers of the creed in Hamilton, Ont. TORSTAR NEWS SERVICE

tional pain and push his body beyond its limits. Hof, who once said “cold is the absolute doorway to the soul,” discovered he could withstand freezing water and extreme altitude with the proper regimen of mental focus and breath work.

He became known as “the Ice man,” set records for sitting in ice baths for nearly two hours at a time, and climbed above the Mount Everest “death zone” (22,000 feet) wearing just shorts.

Hof will host his first Toronto workshop May 20 at the Evergreen Brickworks. Bartolomeo is one of more than 100 people who dropped \$250 to participate in the sold-out workshop.

“People think I’m nuts,” says Bartolomeo, 35. “They think anyone who would do that is looking for pain and they don’t realize there’s so much more depth to the practice.”

Bartolomeo heard about Hof through the popular 2015 VICE

documentary called Inside the Superhuman World of the Ice man about the daredevil and thought climbing a mountain in shorts seemed like an ideal item for a “macho” bucket list.

As Bartolomeo began studying the Method, culminating last November at advanced instructor training in Colorado, it became more than a box to tick, but a lifestyle transformation. He quickly doubled the number of push-ups he could do from around 25 to 50 and has endured hours in below freezing temperatures wearing little more than shorts.

“I’ve done a lot of soul search-

Hof’s record-setting cold immersion ability baffled scientists. They put him under the microscope so to speak, to learn how he can withstand so much.

Many scientists and Hof followers believe that through a rigorous daily routine of mental focus, cold immersion and meditative breathwork, the human body can exploit a deeper strength to lose weight, boost physical performance and even combat and prevent illness.

“It’s largely unproven but that doesn’t mean it is right or wrong,” says Greg Wells, an assistant professor of kinesiology at the University of Toronto,

the untrained group was sick and shaking for hours.

The Method has three pillars: cold therapy, breathing, and mental focus. The latter is what wimhofmethod.com describes as “commitment,” the foundation of the first two pillars. Cold immersion and breathwork “require patience and dedication in order to be fully mastered,” the site reads.

During the daily breathing regimen, which is outlined in Method workshops, Hof followers complete 30 deep hyperventilation-style breaths and hold the final exhale for as long as they can, usually a couple minutes. This process of increased respiration expels carbon dioxide, lowering the acidity and increasing the alkaline levels in the bloodstream, according to research published in the scientific journal PNAS. This effect not only raises the oxygen levels in the blood but turns off pain receptors in the body to enhance the ability to withstand cold for longer.

All of this should be done under supervision, advises Wells, as there is a risk of fainting from the hyperventilation and a risk of “afterdrop” following cold immersion when cold blood circulates to the core and drops the body’s core temperature.

Performing the Method is like hacking the body’s true potential, many practitioners say, which is why some of Hof and Bartolomeo’s peers consider themselves “bio-hackers.”

“I’ve seen huge benefits across the board, whether it’s just feeling good physically or having mental clarity,” says Bartolomeo.

At the Hamilton workshop, 16 people lay on yoga mats hyperventilating, psyching themselves up for the ice bath. Among them is 28-year-old architectural designer Jeff McGlynn, a former bartender and self-proclaimed partier who turned his life around when he began to focus on nutrition, meditation and other mindfulness regimens including the Wim Hof Method.

“It’s medicine, man,” he says. “Generally, we sit in a conscious state that’s way too high with all the stimulation we have around us.” TORSTAR NEWS SERVICE

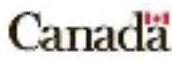


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Finding the cream of the canola crop

TERROIR

New branding builds on unique conditions where oilseed is grown

Owen Roberts
Urban Cowboy



Manitoba farmer Bruce Dalgarno is pumped. He's preparing to plant a whopping 485 hectares of canola — the crop that turns fields a brilliant yellow — on his farm, an hour north of Brandon.

His crop will cover the equivalent of about 900 football fields. That's a lot of canola.

However, it's a relatively tiny portion of the crop — one football field's worth, perhaps — that has him the most excited. That's the part he'll dedicate to helping advance a new cold-pressed, premium canola oil initiative called XV Canola (XV means extra virgin).

It's designed to distinguish canola oil from his farm and others in his immediate region, from canola grown elsewhere in the province.

And all this is made possible, says Dalgarno, because heart-healthy canola has been found to have its own terroir. "It's exciting," says the farmer. "If consumers want a distinct canola, we can deliver a terroir product."

Really? A terroir, like wine, coffee and chocolate...from the canola fields of Manitoba? It's true.

Terroir is the way the geography, geology and climate of a location interact with plant genetics. The mingling results in distinct biochemistry and characteristics, especially taste and colour.

Terroir is the talk of cocktail parties. It's usually the domain of high-value food



Bruce Dalgarno (right) is one Manitoba farmer who is preparing to make premium canola oil with a terroir designation. TOP PHOTO: ISTOCK; OTHER PHOTOS: SHANNON VANRAES/FOR METRO



THE FUTURE of FARMING

Canola: a truly Canadian crop

Canola was developed in Winnipeg in the early 1970s, by researchers at Agriculture and Agri-Food Canada and the University of Manitoba. Its name combines the words "Canada" and "oil." Canola has caught on with farmers and consumers. Canada's canola industry adds more than \$26 billion in economic activity to the Canadian economy.

The biotech connection

Canola was developed using traditional plant breeding techniques. Over time, though, canola was altered using biotechnology, so farmers wouldn't have to spray as much herbicide (to kill weeds). It's the canola plants that are modified, not the oil. Canola oil from the herbicide-tolerant plants is not genetically modified.

and beverages, not a widely grown commodity like canola.

But Ellen Pruden, director of the Canola Eat Well program for the Manitoba Canola Growers Association, had a hunch that the oilseed would

present different characteristics depending on where it was grown.

Plus, she thought a terroir label might help personalize canola, and help it capitalize on the local, authentic food

movement.

So she and her colleagues at the association worked with food innovation company NuEats, the commercialization arm of the Manitoba Agri-Health Research Network, to take the idea of canola terroir for a test drive.

They gathered canola from farmers in three different areas of the province, about 400 km. from each other. They had it cold-pressed into high-quality oil, and ran it by 12 taste testers, including experienced chefs and culinary teachers.

The results were clear. Oil from Dalgarno's farm, furthest west of the lot, was bright yellow and had a nutty aroma. Oil from the north was more orange, and had what Pruden describes as "grassy notes."

And finally, oil from the Winnipeg area had a strongly intense fresh canola aroma and flavour, owing perhaps to the



FARM links

More on canola oil and its uses online

What is canola, anyway?

canolacouncil.org/oil-and-meal/what-is-canola

Where to buy X V (extra virgin) Canola

xvcanolaoil.com

Power Bowl Recipe

Canola oil may be used in a number of tasty dishes. One of Pruden's favourites is this Green Goddess Power Bowl Recipe: canolaeatwell.com/recipe/green-goddess-power-bowl

Take our poll

What is your favourite use for canola oil? Let us know at metronews.ca

soil's high iron content.

Vive la difference! said the canola association. And it proceeded to bottle the oil in 500 ml and 250 ml containers (as well as four-litre jugs for the foodservice sector) and sell it online, where consumers gobbled it up.

Buoyed by this initial reception, 17 canola farmers, including Dalgarno, are joining forces this year to create a company that will sell terroir canola by three newly named areas: Northern Lights (the north), Big Prairie Sky (central) and Heartland (south).

Prices haven't been firmed up, but it's expected to fetch farmers up to 20 times the price of regular canola oil.

No wonder farmer Dalgarno is excited.

Owen Roberts is an agricultural journalist at the University of Guelph. Follow him on Twitter at @TheUrbanCowboy.



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"He's looking like the man": Dana White after Stipe Miocic defended his heavyweight title with a first-round TKO of Junior Dos Santos at UFC 211

Ryan rises to redemption

SENS VS. PENS

Murray Pam
FOR METRO



When Bobby Ryan raised his arms in jubilation after scoring his game-winning overtime goal Saturday, there was a sense of a giant weight being lifted off his shoulders.

Ryan's season didn't go as planned. Production-wise, 25 points in 62 games was his worst statistically since becoming a full-time NHLer with the Ducks in 2008-09.

But for this one moment in time, the 30 year-old's memory of an underwhelming regular season came to a sudden halt. Ryan corralled linemate Jean-Gabriel Pageau's chip up the right side boards, out-muscled Penguins defence-man Olli Maatta at centre ice, then outskated him to the net, depositing the puck over net-minder Marc-Andre Fleury.

Ryan's marker put the Senators in the driver's seat, giving them a 1-0 Eastern Conference final series lead over the heavily favoured Penguins.

"It felt great, obviously, to come through in an important and crucial moment."

Bobby Ryan

More importantly, the victory takes away Pittsburgh's home-ice advantage.

During the post-game availability Senators coach Guy Boucher intimated Ryan had a tough year on a personal level.

His off-season was bitter-sweet, Ryan's wife, Danielle gave birth to their first child, daughter Riley. Just weeks later in July, his mother, Melody succumbed to cancer.

Melody was Ryan's protector during his childhood and adolescence. In a much-documented story, the Ryans, then known as the Stevensons, evaded U.S. Marshals for several years while the family lived in anonymity. Dad Bob was wanted on several charges including the attempted murder of Melody.

The Stevensons stuck together for her son's sake until Bob's arrest. Afterwards, Melody did everything possible to further Bobby's talented career.

Ryan was never right during the 2016-17 campaign. There was a four-game goal streak in December. However, the 2005 second overall draft selection



Bobby Ryan scores past Penguins goalie Marc-Andre Fleury in overtime on Saturday night in Pittsburgh to give the Senators a 1-0 series lead. GREGORY SHAMUS/GETTY IMAGES

suffered bouts of inconsistency. He was shifted from line to line, never finding a comfort level.

Ryan also attempted to play through a right finger injury that originally occurred Nov. 19. The index finger never truly healed. After possibly making it worse almost three months to the day, he was shut down for 11 games.

Upon his return, Boucher

saddled the six-foot-two, 204 pounder alongside Pageau in a checking role. Boucher said Ryan performed admirably but wasn't having any puck luck. However, prior to scoring in the Sens' final contest of the regular season, he had failed to notch a point in 12 games.

On Saturday, Ryan became the first Senator to score two OT game-winners in one playoff year. Noting the post-sea-

son is a "refresh" and relishing the opportunity to "redeem" himself, Ryan is finally in the right frame of mind. Deleting his primary Twitter account in March likely contributed to a better overall focus, too.

Compiling 11 points in 13 playoff games, second only to Erik Karlsson's 13 points, Ryan has silenced detractors and Senators fans are appreciative of that.

IN BRIEF

Warriors rally to top Spurs in series opener

Stephen Curry scored 40 points and hit a tying three-pointer with 1:48 remaining, and the Golden State Warriors rallied from way down after Kawhi Leonard was lost to an ankle injury to beat the San Antonio Spurs 113-111 on Sunday in Game 1 of the Western Conference final.

Draymond Green gave Golden State the lead for good on a three-point play after the Warriors trailed by as many as 25 points.

THE ASSOCIATED PRESS

Kim becomes youngest Players champ at 21

Si Woo Kim became the youngest winner of The Players Championship with a game and nerves well beyond his 21 years.

Kim was nearly flawless Sunday on the TPC Sawgrass, closing with a 3-under 69 with no bogeys on his card to earn \$1.89 million and his second PGA Tour win. THE ASSOCIATED PRESS

Pillar leads Jays in capping 4-game sweep of Mariners

Kevin Pillar hit a walkoff home run in the bottom of the ninth inning to lift the Blue Jays over the Seattle Mariners 3-2 on Sunday for Toronto's fifth consecutive win.

Pillar came to the plate with two outs and the game seemingly headed to extra innings but the American League's hits leader brought the 42,030 in attendance at Rogers Centre to their feet with a line drive to left-centre field. THE CANADIAN PRESS

Tottenham closes out White Hart Lane in style

Tottenham fans flooded onto the pitch after a 2-1 victory over Manchester United in the final game at White Hart Lane secured second place in the Premier League and the team's highest finish in 54 years.

The last-ever goal at the 118-year stadium came from Manchester United captain Wayne Rooney but Victor Wanyama and Harry Kane had already scored to ensure it was a joyful send-off by Tottenham.

THE ASSOCIATED PRESS

Sens riding wave of confidence against mighty Pens



Dion Phaneuf and the Sens held Penguins star Sidney Crosby to just two shots on net in Game 1. BRUCE BENNETT/GETTY IMAGES

A day after they slowed, stalled and ultimately outlasted the defending Stanley Cup champion Pittsburgh Penguins on the road in Game 1 of the Eastern Conference final, the Ottawa Senators found much of the narrative surrounding them carried a hey-how'd-you-do-that tone.

While the Senators seemed happy to analyze their 2-1 overtime win Saturday, they were equally intent on looking ahead to Game 2, set for Monday night at PPG Paints Arena, and expressing a belief in themselves moving further into the series.

"We know as a group we have good hockey players. We're a good team," said goaltender Craig Anderson, who made 27 saves.

"You have to respect your opponent. We know they're a good team. They've got a lot of star

5
Ottawa killed all five Pittsburgh power plays in Game 1.

power. They've got some great players. Watching them play against Washington (in Round 2), they played great as a team. So it's just a matter, for us, staying in the moment, and, win or lose, getting ready for the next one."

Ottawa, a team left out of the playoffs last season, ran off Boston and the New York Rangers before taking the series lead against Pittsburgh. That has either spawned, or been the result of, a newfound cohesion.

"It's not even so much a quiet

confidence, but just trust within the group," veteran centre Zack Smith said. "We have a great group of guys."

"Honestly, it's been amazing throughout the whole playoffs. When you have that confidence behind you, it's a lot easier to play."

While Ottawa took a day away from the ice Sunday, the Penguins held a full-team practice.

Pittsburgh opted to work on some details, such as getting through the neutral zone more efficiently. Coach Mike Sullivan also stressed the need to shoot more rather than looking for a perfect setup.

"Part of it, I think, is just a heightened awareness and a mindset to put the puck on the net," Sullivan said.

THE CANADIAN PRESS

MAKE IT TODAY

Easy Overnight Oat and Chia Pudding



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Spend a few minutes prepping these nutrition-packed little babies tonight and wake up with time for a leisurely breakfast tomorrow.

Ready: Overnight

Prep time: 5 minutes
Chill time: Overnight
Serves 2

Ingredients

- 1/2 cup almond milk
- 1 cup plain Greek yogurt
- 1/4 cup dried blueberries
- 3 Tbsp quick cook oats
- 2 Tbsp chia seeds
- 1 Tbsp maple syrup
- 1/4 tsp vanilla extract
- pinch allspice
- pinch salt

- raspberries
- slivered almonds
- **Optional extras:** chia, flax meal, hemp heart seeds, bee pollen, walnuts, slivered almonds, pecans, pumpkin seeds, sunflower seeds or even nut butters

Directions

1. In mixing bowl, whisk almond milk and Greek yogurt. Add blueberries, oats, chia, maple syrup, extract, allspice and salt and mix.
2. Pour into two jelly-size jars and refrigerate overnight.
3. In the morning, top puddings with your favourite bits like raspberries, apple slices, banana or other fruits.

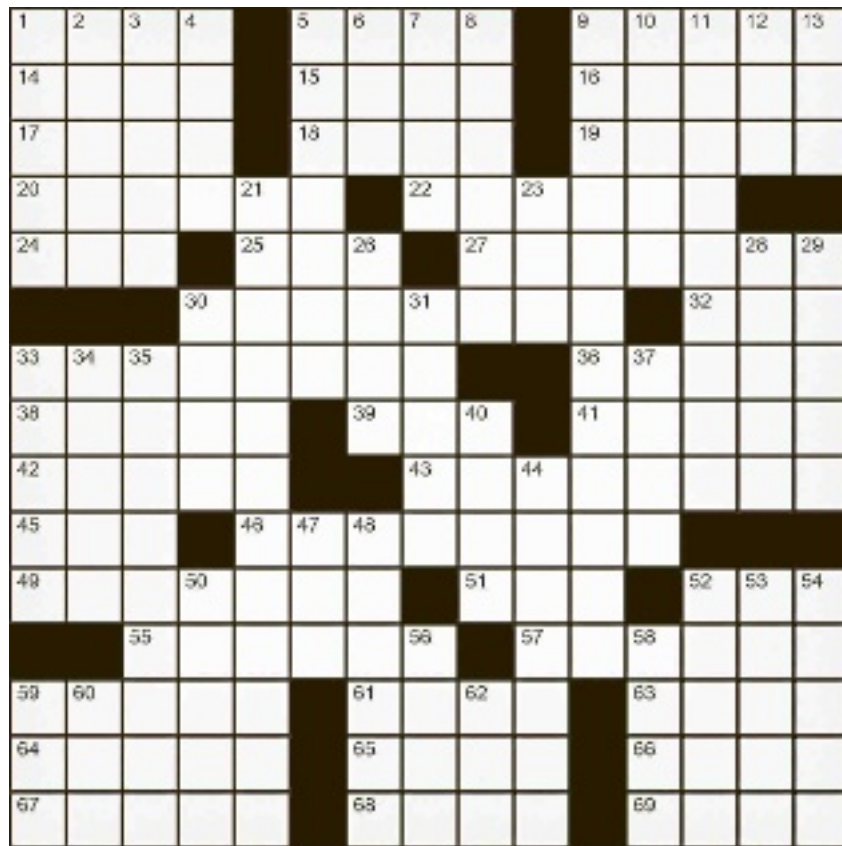
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Clothed
5. Malayan sailing boat
9. Berry, in Rome
14. Tear apart
15. Cliff spot
16. Branch of knowledge scientific suffix
17. 'Hypn' suffix
18. Vientiane is its capital
19. "It's true, I swear!": 2 wds.
20. Ms. Goldberg
22. E-business
24. Secluded spot
25. Perform
27. Suggestion/proposal
30. Puts into motion: 2 wds.
32. Middle
33. David Johnston, The __ General of Canada
36. Skincare brand
38. Video game pioneer
39. Butter portion
41. Comparably tomato-hued: 2 wds.
42. Kind of acid
43. Like women as compared to men for the same work: 2 wds.
45. Pizza's 'Pepper' add-on
46. Don't go off the beat: 2 wds.
49. Inconsiderate motorist
51. __-tourism
52. Simon & Garfunkel's " __ Robinson"
55. Muss up one's mane
57. Choice
59. __ 'hello'
61. Visiting Van-



- couver's prov.: wd. + acronym
63. Rat-a-tat-tat stuff
64. Verb learned in introductory French class
65. Musically disconnected, briefly
66. Docking spot
67. Receded

68. Humour columnist Ms. Bombeck (b.1927 - d.1996)
69. Rob Roy, for one

DOWN

1. One gathers during a scene
2. Limber
3. Engined-bird flying

- over Montreal
4. Design style, with Art
5. Large-billed seabird
6. Suggested nutritional amt.
7. Prayer starter, " __..."
8. __ Fables

9. Now-in-theatres 2017 sequel to the same-named popular 2006 Canadian action/crime/comedy in which #11-Down and #21-Down reprise their roles: 4 wds.
10. Standoffish
11. Actor starring as

- the Anglophone officer Martin Ward in #9-Down: 2 wds.
12. Movie's special effects, commonly
13. Skipper's 'sure'
21. Actor starring as the Francophone officer David Bouchard in #9-Down: 2 wds.
23. Writer Mr. Capote, to pals
26. De __ (Excessive)
28. Charlotte Bronte heroine Jane, and surnamesakes
29. Marsh plants
30. Bandar __ Begawan (Brunei's capital)
31. Maria von __ (Julie Andrews role)
33. Hollywood legend Zsa Zsa
34. Autumn, in Barcelona
35. Fluctuation
37. L' __-Verte, Quebec
40. __ measure
44. Chrysler's legendary executive, Lee __
47. Winged ancient Greek goddess
48. Church: French
50. 1959: "Pink Shoe Laces" by __ Stevens
52. Imitate
53. Juliet's beau at the balcony
54. Huff
56. Intermission: __'acte
58. Bugler's melody
59. Viewed
60. Ms. Gardner
62. Loud sound!

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You are giving a lot of thought to your earnings and cash flow at this time. But at a deeper level, you're wondering about your values in life. In other words, what really matters?

Taurus April 21 - May 21
You are empowered now because the Sun is in your sign. This happens only once a year for four weeks. Use this to your advantage!

Gemini May 22 - June 21
This is the time to think about your personal new year, which will begin on your birthday. How do you want your new year to be different from this year? Think about this.

Cancer June 22 - July 23
This is a good time to think about your long-term goals. If you share your hopes and dreams for the future with someone else, his or her feedback might help you.

Leo July 24 - Aug. 23
You look good in the eyes of others right now because the Sun is at the top of your chart. Make the most of this and demand the advantage!

Virgo Aug. 24 - Sept. 23
Grab every opportunity that comes your way to travel or explore further education today, because you want to expand your world. You want adventure and new knowledge.

Libra Sept. 24 - Oct. 23
Life is quite intense right now, which is why your response to everyone and everything also is intense. This passionate time will last for another week.

Scorpio Oct. 24 - Nov. 22
Acknowledge the fact that you need more sleep now. Get more rest and respect this. Take care of yourself.

Sagittarius Nov. 23 - Dec. 21
Because you are keen to get better organized at this time, give yourself the right tools to do a good job. Buy shelving, labels, cleaning equipment, paint — whatever you need.

Capricorn Dec. 22 - Jan. 20
This is a playful, romantic and creative time for your sign. Use it to enjoy vacations, romantic interludes with others and fun activities with children.

Aquarius Jan. 21 - Feb. 19
It's totally appropriate to put home, family and your private life first right now. For the next week, this will be your top priority. A conversation with a parent might be important.

Pisces Feb. 20 - March 20
Your days are fast-paced, and you're also full of bright, clever ideas. Just go with the flow and enjoy visiting friends, a busy schedule and interesting short trips.

CONCEPTIS SUDOKU by Dave Green

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